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GETTING IT OUT THERE:
BECOMING A MONROE OUTREACH TRAINER

Sky Pelletier Waterpeace

Sky Pelletier Waterpeace is a mathematician and author who has a deep love of exploring consciousness. Sky has been a lucid dreamer since the age of five, which shaped in a deep way his understanding of the many levels of conscious experience. Sky considers himself a "true skeptic---someone who is willing to be skeptical of anything, including their own beliefs" and loves Bob Monroe's famous saying: "Don't believe a word I say... Go out and experience it yourself, because then you won't need to believe---you will know what is true for you." Having struggled to maintain a meditation practice for decades, Sky was delighted to discover the work of the Monroe Institute, and credits Hemi-Sync for turning him almost overnight into a regular meditator. Sky loves Bob Monroe's missive to "get it out there," to share the work of the Monroe Institute with the world. Sky has been running a Monroe Community Group since 2019, is a member of the Monroe Institute Outreach Leadership Council, and is especially delighted to "get it out there" as an Outreach Trainer leading the two-day Exploring Consciousness workshop.

I had heard about the Gateway Experience home-study program years earlier, but it was not until after I read the declassified military intelligence report, “Analysis and Assessment of the Gateway Process” that I finally decided to check it out. I purchased the six “Waves” of the Gateway Experience program and began practicing with the exercises. By the time I finished Wave I, Discovery, I knew that I had to do what I could to share this amazing technology with the world.

I had read about the Outreach Trainer Program on the Monroe Institute website, and one of the requirements was completing two retreats with the Monroe Institute. I could complete the Gateway Experience on my own, but that wouldn’t count as a prerequisite for any of the other necessary courses. Much to my delight, I discovered that Monroe offered a program called Gateway Experience Online in which participants work through the exercises I had already purchased but under the guidance of a Monroe-certified trainer. Importantly, this program qualified as a prerequisite which would allow me to take subsequent courses at Monroe. I registered in the summer of 2019, and before I was halfway through, I knew I wanted to become an Outreach Trainer so I could share this amazing technology with others.

After my course was finished, I inquired about applying to the Outreach Trainer Program (OTP), but I had missed the deadline by over a month. I looked forward to applying the next time they were taking applications, the following summer---the summer of 2020. Of course, by then, the pandemic had shut down residential programs at the Monroe Institute, along with many other aspects of regular life in this country. As time went on, I

eagerly looked forward to when the OTP would be resumed. Summer of 2021 came and went with no updates, but in February 2022 I finally got word that applications were again being taken. By this time, I had completed a number of virtual programs with the Monroe Institute (one of the benefits of the pandemic) and was more excited than ever to become a trainer.

The Outreach Training Program had been redesigned during the shutdown, and was now, apparently, more intense than ever, condensed from two years down to 10 months. However, by the time I emerged from “Phase Two,” a week-long residential training component (described by an Outreach Trainer and military vet friend as “boot camp” because of how hard they work you there!), I was fully prepared to lead my first workshop. The training provided in the OTP covered not only leading the workshop itself, but many other aspects such as marketing and how to run a small business, vital information to be successful.

My first workshop would be trained under the watchful, note-taking eye of a mentor who was an established Outreach Trainer. I was a little nervous, but with the ample training, I knew I was ready. Plus, I had been running a Monroe Community Group weekly since fall of 2019, and my four participants in my first workshop were all from that group, which helped me feel comfortable.

Although I had been looking forward to it for over three years, I was still blown away by the immense satisfaction of leading the Exploring Consciousness workshop. My participants were all familiar with Hemi-Sync© and Monroe Sound Science™ from our weekly meetings, and it is a testament to the excellent design of the workshop that every single participant reported extraordinary experiences. In fact, two of them actually repeated the workshop when I offered it again in the spring.

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It is an honor and a privilege to carry on Bob Monroe’s missive to “get it out there” as an Outreach Trainer for the Monroe Institute. If more and more people could have direct experience, like I have, that they are “more than their physical body,” this world would be a better place, and it is a great pleasure to be a part of the expansion of human consciousness.